EPI Update for Friday, January 10, 2014 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Atypical hand, foot and mouth disease identified in lowa
- · Global effect of smoking
- SBIRT program addresses substance abuse
- Meeting announcements and training opportunities

Atypical hand, foot and mouth disease identified in lowa

Hand, foot and mouth disease (HFMD), a common viral illness in children less than five years of age, is typically caused by coxsackievirus A16. Cases of atypical HFMD caused by coxsackievirus A6 (CVA6) have been identified in the U.S., including a case recently identified in Iowa. Since 2008, international outbreaks of CVA6 HFMD in children and adults have been described, but no outbreaks have been reported in the United States.

While often asymptomatic, HFMD can cause a mild febrile illness with rash on the palms of the hands and soles of the feet, and sores in the mouth. However, CVA6 has been associated with more severe and extensive rash. These viruses are spread person to person by contact with saliva, respiratory secretions, fluid in vesicles, and feces. Prevention methods include hand washing and disinfection of surfaces in child care settings. HFMD is not reportable in lowa; however, health care providers who suspect a severe case of HFMD may contact IDPH or SHL for assistance with laboratory testing and diagnosis through CDC.

For more information on CVA6, visit: www.cdc.gov/mmwr/preview/mmwrhtml/mm6112a5.htm

For more information on Hand, foot and mouth disease, visit: www.cdc.gov/hand-foot-mouth/

Global effect of smoking

A recent article in the New England Journal of Medicine discussed the global health effects of smoking and the impact of public health measures.

- If current trends continue, smoking will kill approximately 1 billion people worldwide this century.
- Young adults who never start smoking will live about a decade longer than those who do, and smokers who quit by age 40 remove about 90% of their excess risk of death.
- Progress has been made in the United States and other developed countries, where former smokers now outnumber current smokers.
- Those who continue to smoke in these countries are also smoking less.
- Smoking rates in many developing countries are actually increasing.

• Reported profits for tobacco manufacturers worldwide in 2012 exceeded \$50 billion or about \$10,000 per tobacco-attributed death.

Quitline Iowa is available to help Iowans quit using tobacco. Any Iowan over the age of 18 can receive eight weeks of free patches, gum or lozenges. For more information call 1-800-QUITNOW or visit www.quitnow.net/iowa/

SBIRT program addresses substance abuse

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a comprehensive approach used to identify, reduce, and prevent risky use, abuse, and dependence on alcohol and drugs. SBIRT expands the capacity for medical providers to screen for substance use problems, provide secondary prevention, and make referrals to treatment for people at a higher risk for substance use disorders. SBIRT's goal is to reduce substance abuse, the number 3 most preventable health problem. Those identified as risky or hazardous users can be offered a brief intervention that focuses on increasing awareness regarding substance use and motivation toward behavioral change. Users may be referred to treatment if they need more extensive treatment.

IDPH recently received a five year grant to implement SBIRT in Iowa. Although the grant funding covers pilot sites throughout Iowa, the project also supports dissemination through training to medical providers who want to implement SBIRT in their facilities. To date, more than 33,000 Iowan's have been screened through the SBIRT process.

For more information about communication between health professionals and patients about alcohol, visit: www.cdc.gov/mmwr/pdf/wk/mm63e0107.pdf. For more information about SBIRT in lowa, visit: www.idph.state.ia.us/sbirt/

Meeting announcements and training opportunities

The new issue of the Iowa Acute Disease Monthly Update is available by visiting www.idph.state.ia.us/cade/ and scrolling down to 'Reports.'

Have a healthy and happy (and warmer) week!

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